

Ascension Illinois - Center for Mental Health Arlington Heights

Internships

Clinical Social Work and Clinical Counseling

Training Facility

Ascension Illinois - Center for Mental Health Arlington Heights is a community mental health agency serving adults, adolescents, and children in the Northwest suburbs for over 65 years. There are student training opportunities in several agency programs. Placement in programs vary according to the student's training needs, student interest, and best fit with agency programs. Student training opportunities include individual counseling, family counseling, group counseling, case management, intake procedures, clinical evaluations/mental status examinations, and treatment planning. As a community mental health center we can provide a comprehensive experience for student interns and help you gain experience with a diverse population, various theoretical orientations, and numerous treatment interventions.

Master's students will train in one of our speciality outpatient programs which includes:

- Outpatient Therapy
- Psychosocial Intensive Community Support Services
- Transitional Living Program
- Partial Hospitalization/Intensive Outpatient Program

Students will gain experience working collaboratively with staff and other students from various professions, including:

- Licensed Clinical Professional Counselors
- Licensed Clinical Social Workers
- Licensed Marriage and Family Therapists
- Licensed Psychologists
- Nurses and Nurse Practitioners
- Psychiatrists

Training Program Details

- Mandatory summer orientation: 5 day orientation (over 2 weeks) at the end of July; dates to be determined
- Training start date: First week following orientation (typically the 2nd week in August)
- Training end date: Typically late April or early May depending on graduation and student hours
- One-hour weekly individual supervision (minimum) with a licensed supervisor from your field of study
- Weekly group supervision and team meetings; required group supervision for students takes place Tuesdays, 2:00 –3:00 pm
- Students are assigned a primary program placement; opportunities to participate in other programs
- Opportunities for additional seminars, trainings, and staff meetings.

Students must complete 24 weekly on-site hours throughout the 9-month program. Specific schedules depend on program needs and generally allow for flexibility. Prior to starting the academic training year, students must submit verification of personal health coverage, liability insurance, and requisite medical clearances.



Clinical Training Opportunities

Outpatient Therapy (OP)

- Primarily individual therapy with opportunities for group and family and couples therapy
- Age and Diagnostic spectrum (ages 6+ through older adult)
- Typical caseload of 10-14 clients
- Focus on empirically validated treatments and trauma informed care
- Hours flexible – typically 3 days/week, primarily daytime, two evenings until 7pm are required; attendance at Tuesday 12:00 PM team meeting is mandatory

Psychosocial Intensive Community Support Services (PICSS)

- Group therapy, individual therapy, and case management
- Adults (18+) across diagnostic spectrum
- Typical caseload of 5-7 individual clients but work with 30+ clients through groups (about 10-12 clients per group)
- Primarily Day hours – typically 3 days/week. Groups are available 10a-3p Mondays, Tuesdays and Thursdays; Individual Therapy and Case Management hours available on Wednesdays and Fridays.
- Weekly staff meeting on Monday afternoons - attendance is highly encouraged
- Facilitate and develop curriculum for groups and participate in planning the type of groups offered
- Assist clients locate and utilize community resources to improve functioning or transition from more restrictive setting (such as hospital or residential placement)
- Participate in assisting clients gain benefits such as disability, Medicaid insurance, and transportation services

Transitional Living Program (TLP)

- Split placement with Outpatient Therapy program - evening requirement may vary based on schedule; 1 day at TLP program and 2 days at Outpatient Program
- Facilitate and develop curriculum for psychoeducational/therapy groups in TLP; provide individual therapy to a caseload of individuals (ages 6 and up) through Outpatient Program
- TLP is located off-site. It is a short term (up to 2 years) residential treatment program for adults experiencing a variety of mental health conditions that also need assistance in enhancing independent living skills

Partial Hospitalization/Intensive Outpatient Program (PHP/IOP)

- Comprehensive treatment for individuals stepping down from an in-patient setting or wish to avoid a hospitalization, or those requiring closer monitoring due to recent psychotropic medication or life changes.
- Clients ages 18 and older across the diagnostic spectrum; average 2-4 weeks in program
- Day hours (typically 3 days/week; program runs M-F 8:00a-3p)
- Primarily group based treatment
- Small caseload of clients with opportunity for individual therapy
- Vast experience with conducting mental health assessments and risk assessments

How to Apply

In order to apply for a master's level internship training position at Center for Mental Health, please submit the following materials:

- Center for Mental Health Application Form.
 - Online application: [Center for Mental Health Application Form](#)



- Application must include:
- Cover letter
- Resume
- Three (3) letters of recommendation (if you had a previous placement or job experience or volunteer experience in the field, a letter of recommendation from someone familiar with your experience is preferred)
- Applications are accepted beginning in January preceding the July orientation. Please keep in mind that the majority of our interviews are conducted between January and March. However, application submission remains open until every available position is filled.

Contact the Clinical Training Coordinator with any questions:

Katie Connolly MA, LCPC

Manager of Behavioral Health/Clinical Training Coordinator

Center for Mental Health

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